

**Amendments to the Specification:**

Please replace the paragraph beginning on page 1 line 15 with the following amended paragraph:

-- In modern day society routine exercise has become increasingly popular as a means to lose weight, maintain muscles and provide for better overall health. Numerous exercise devices are currently available to an individual, depending upon the goals one wishes to attain. In addition to common, cardiovascular exercises such as running, jogging, walking, the exercise industry has developed numerous machines and exercise equipment. Such known devices are designed and structured to ~~either~~ exercise the entire body by the performance of various prescribed exercise procedures. In addition, specialized exercise devices are available which are structured to concentrate on certain parts of a person's body.

Please replace the paragraph beginning on page 2 line 21 with the following amended paragraph:

-- Because of the recognized need of the handicapped for exercise and/or therapy, there currently exists numerous exercise machines, specialized devices ~~[[the]]~~ and like

equipment which ~~[[is]]~~ are specifically intended for use by physically challenged individuals. Such individuals commonly have the free use of the arms, hands, shoulders, and upper torso above the waist. However, it has recently been determined that a significant amount of the currently and commercially available exercise devices intended for the handicapped provide a type of exercise which is less than totally beneficial. By way of example, the majority of the restricted exercise equipment are designed to provide ~~[[a]]~~ "arm cranking" or other arm ~~ergometry~~ exercise procedures in order to develop and maintain and rehabilitate the muscles of the upper part of the body. Unfortunately, participation in these activities have been associated with increased incidences of upper extremity injuries and pain. Moreover, medical professionals have suggested that the movement pattern and muscle ~~recruitment~~ utilization involved in these arm cranking or continuous rotational movements involve an excessive shoulder pressing action in an internally rotated position. The result is the production of an unbalanced stress and a repetitive use syndrome.

Please replace the paragraph beginning on page 3 line 17

with the following amended paragraph:

-- To the contrary, several pieces of conventional and existing exercise equipment not capable of being used by invalids or other physically ~~restrictive~~ restricted individuals offer a lower body cycling motion concurrently with a reciprocal press/pull arm action. Such devices include various exercise bicycles and elliptical runner systems. The action provided with such systems is further characterized by linear hand movement. These systems provide a much greater shoulder range of motion than the rotational arm cranking procedure as described above. In addition shoulder extension resulting from pulling the arm past the mid-line of the body is also extremely beneficial. The muscles involved in such pulling actions include the latissimus dorsi, rhomboids, rear deltoid and rotator cuff muscles. Obviously, persons with significant torso disabilities are not able to use such system. As a result, the aforementioned muscle groupings are typically under developed and without significant resting tone when the user is restricted to a wheel chair.

Please replace the paragraph beginning on page 4 line 25

with the following amended paragraph:

-- The present invention is directed to an exercise assembly for exercising muscles of a user's upper body. More specifically, the exercise assembly of the present invention is particularly, but not exclusively, intended for use by individuals having restrictive use of the lower part of the body and as such may be required to use a wheelchair for mobility. Therefore, an important feature of the exercise assembly of the present invention, as will be described in greater detail hereinafter, is the provision of an exercise motion which provides linear action due to reciprocal arm movement while the user or individual is in a seated position.

Please replace the paragraph beginning on page 5 line 10 with the following amended paragraph:

-- In accomplishing the intended goals, the exercise assembly of the present invention comprises a frame including a base disposed on a supporting surface. The frame also includes a track assembly connected to and supported by the base. The base, and/or a cooperative portion of the frame is adjustably connected or attached so as to vary the height of at least the

track assembly relative to the supporting surface. The subject exercise assembly is thereby adaptable to an individual of varying size, ~~which~~ wherein the individual may be restricted to utilizing wheelchairs of various sizes, shapes, etc. In addition, the track assembly includes an open substantially front end portion and a closed end located at a rear or trailing portion of the frame and being oppositely disposed to the open end of the track assembly. Moreover, the track assembly comprises two track segments extending from the open end to the closed end and as such are collectively disposed in a substantially convergent configuration. Each of the track segments are elongated, linear, hollow and have a substantially equal longitudinal dimension.

Please replace the paragraph beginning on page 6 line 2 with the following amended paragraph:

-- A carriage assembly is reciprocally and linearly movable along the track assembly and as such includes two hand grips readily accessible to the user when the user is disposed in an operative position. Generally speaking, the operative position of the individual may be defined by a location substantially on

the "interior" of the track assembly or at a location which is between the spaced apart converging track segments at least in the vicinity of the open end thereof. Therefore, the open end of the track assembly must be sufficiently dimensioned to allow disposition of the user in an operable position, while in the preferred, seated but upright orientation. In such an operable position the hands of the user can easily grasp different ones of the hand grip.

Please replace the paragraph beginning on page 10 line 13 with the following amended paragraph:

-- The track assembly 16, including the two track segments 18 and 20 ~~define~~ having a front, substantially open end of the frame 12 as at 30 and a closed or rear end of the frame 12 generally indicated as 32. Accordingly, the track segments 18 and 20 are cooperatively configured into a convergent configuration as they extend from the front portion or open end 30 to the rear ~~[[end]]~~ or closed ~~portion~~ end 32 of the track assembly 16. Further, the track segments 18 and 20 are disposed in a substantially coplanar orientation with one another and are collectively disposed at an incline as demonstrated in Figure 2.

While not limited to a specific angle of inclination, a most preferred angle of inclination would be generally about 18 to 20 degrees in order to best facilitate operation of the exercise assembly 10 in the intended fashion.

Please replace the paragraph beginning on page 11 line 13 with the following amended paragraph:

-- The hand grips 40 and 42 comprise an operable part of a carriage assembly. The carriage assembly further comprises two carriages 44 and 46, the details of which are disclosed in greater detail in Figure 3, with specific reference to the carriage 46. While reversely oriented, the carriages 44 and 46 are each connected in supporting relation to the different hand grips 40 and 42 and are otherwise identically structured. Therefore, with primary reference to Figure 3 the ~~hand-grip~~ carriage 46 includes a roller assembly comprising at least one but preferably a plurality of rollers 50, 51 and 52. The rollers are mounted within and structured to travel along the hollow interior of the respective track segments ~~as at~~ 20. Further, each of the rollers 50, 51 and 52 ~~[[are]]~~ associated with each carriage 44 and 46 is disposed, dimensioned and

structured to rotationally engage interior portions of the respective track segments 18 and 20 which are more specifically defined by inwardly directed or extending rails 53, 54 and 55. The roller assembly is mounted as a unit which is fixedly secured to a depending flange portion 56 of the carriage 46. The remainder of the carriage 46 comprises a shell-like configuration, as at 58 which is disposed exteriorly of the track segment 20 and in at least partially or substantially surrounding and enclosing relation to a portion thereof as demonstrated. Each of the carriages 44 and 46 may include a flat or support platform as at 60 for supporting attachment to a corresponding one of the hand grips schematically indicated in phantom as 42. It should be apparent that the cooperative disposition of the inwardly directed rails 53, 54 and 55 and their engagement with the respected rollers 50, 51 and 52 cause a secure but linearly movable engagement of each of the carriages 44 and 46 both interiorly and exteriorly of the ~~respected~~ respective track segments 18 and 20.

Please replace the paragraph beginning on page 12 line 18 with the following amended paragraph:



-- With primary reference to Figure 4 structural and operative features of the exercise assembly 10 are schematically demonstrated. More specifically the exercise assembly 10 includes a resistance assembly comprising an elongated line, cable, belt, etc. 70. The line 70 extends along a predetermined path of travel which is partially defined by the two track segments 18 and 20 as correspondingly positioned lengths of the line 70 are mounted within and movable along an interior portions of the respective track segments 18 and 20. The predetermined path of travel of the line ~~[[20]]~~ 70 is further defined by appropriately disposed rollers or pulleys 72 and 74 located within and substantially adjacent to the proximal end and 18' and 20' of the track segments 18 and 20. Additional guiding pulleys or rollers 76 and 78 are disposed adjacent the closed end 32 of the track assembly 16 at the rear portion thereof as described above. Further, the pulleys 76 and 78 are located exteriorly of the track segments 18 and 20.

Please replace the paragraph beginning on page 13 line 19 with the following amended paragraph:

-- With reference to Figure 1 a housing as at 77 includes a

resistance exerting mechanism (not shown for purposes of clarity) which may take a variety of different configurations and be cooperatively structured with the resistance mechanism or roller 73 to provide the aforementioned movement restricting force on the line 70 during its reciprocal movement. Further the resistance exerting device within the housing 77 is adjustable by means of operative positioning of a lever 79. Depending upon the orientation of the lever 79 a selective amount of resistance will be placed on the line 70. The user is thereby capable of adjusting the force required to reciprocally move the hand grips 40 and 42 over their intended linear paths along the track segments 18 and 20. A variety of different resistance exerting devices may be enclosed within the housing 77. Such devices may include friction engaging devices, gear assemblies other hydraulic or mechanical operative devices known in the art. Such devices are cooperatively structured with the pulley 72 to vary the amount of restrictive force placed on the line 70 ~~[[and]]~~ which is required to reciprocally move the hand grips 40 and 42 in the manner described.

Please replace the paragraph beginning on page 15 line 14

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with the following amended paragraph:

-- As indicated by the directional arrows ~~92, 94 and 96~~ 91, 92 and 94, the line 70, while in the aforementioned closed or continuous configuration and oriented along the predetermined path of travel continuously moves at in a reciprocal manner as the user of the device, operatively positioned on the interior 36 adjacent the open end 30, alternately exerts a push/pull force on each of the hand grips 40 and 42 resulting in the preferred and intended linear, reciprocal motion best suited to accomplish the intended exercise and/or rehabilitation.